

**FOR IMMEDIATE RELEASE**

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***Real Food For Kids to Present Feeding Academic Success Food Day  
Celebration***

***Event to Feature Distinguished Expert Panel and Culinary Challenge for FCPS  
Students to Create the Ideal Salad Bar for Schools.***

**Fairfax County, VA. (October 16, 2012)** – *Real Food For Kids* continues to pull the public in around the issue of school food. Its upcoming Food Day event, *Feeding Academic Success*, on October 23<sup>rd</sup> at Marshall High School, takes a multi-prong approach involving both experts *and* students. The event promises to be educational, interactive and inspirational. Community leaders, teachers, parents and students are encouraged to attend.

The panel of experts, headlined by keynote speaker Chef Ann Cooper, author of [Lunch Lessons: Changing the Way We Feed Our Children](#), will highlight the hard facts surrounding diet and its impact on school performance and health. In addition to Chef Cooper, other panelists include Chef Nora Pouillon of Restaurant Nora, a pioneer of nutritionally wholesome food as a restaurateur; Katherine Bishop, M.S., M.P.H., Nutrition Policy Associate, Center for Science in the Public Interest, with a special interest in school food; Edward Kwitowski, Chef and Director of Food Services for DC Central Kitchen, who serves 4000 locally sourced, fresh cooked meals at DC Public Schools daily via a pilot program; and Natalie Sikka, M.D., an obesity specialist in pediatric gastroenterology at INOVA Fairfax Children's Hospital, who will discuss diet related illnesses in her practice and its implications on the school environment.

Fairfax County High School culinary arts programs are invited to send student teams to compete in a challenge to create a fresh, nutritious and appealing salad bar that meets USDA National School Lunch Program guidelines. Five out of the seven culinary academies have signed on to compete. Panelists will judge the submissions that evening and present awards to winning students. *Real Food For Kids* has long maintained the importance of involving students in the school food revolution and is delighted to empower them with this opportunity.

Press are welcomed to attend the event at 5:00 - prior to the public opening – to be a judge of the event's separate Taster's Choice award, speak with culinary students and panelists, and to photograph student entries.

This Food Day event is free and open to the public. Locally-sourced, healthy snacks will be provided by Whole Foods and Maple Avenue Market and Farm for the community in attendance that evening. Several other local businesses have offered support in order to make this important evening possible.

Food Day is a national event sponsored by the Center for Science in the Public Interest. Its purpose is to draw attention to the need for more locally produced, sustainably harvested, healthy, whole food in our diets. Interested parties in the Food Day *Feeding Academic Success* event can RSVP at [FoodDay2012@realfoodforkids.org](mailto:FoodDay2012@realfoodforkids.org)

**About *Real Food For Kids***

As the local face of the national wellness movement, *Real Food For Kids* is committed to working in collaborative ways to increase the quantities of healthy foods in Fairfax County Public Schools and supporting programs that educate students and their families on making healthier lifestyle choices. The parent advocacy group has successfully advocated for an independent assessment of the current food program, aiming to find innovative ways to bring more fresh, less processed foods to students. Strong school board support has also enabled the group to pass an amendment to retrofit a kitchen in a local Fairfax high school to test scratch cooking in a pilot program aimed at growing the initiative throughout the county over the next several years. More information on *Real Food For Kids* is available at [www.realfoodforkids.org](http://www.realfoodforkids.org).